

MIRUS

Minneapolis Intergroup: Recovery, Unity, Service

September 2020 Step, Tradition, and Concept Nine

Step Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others.."

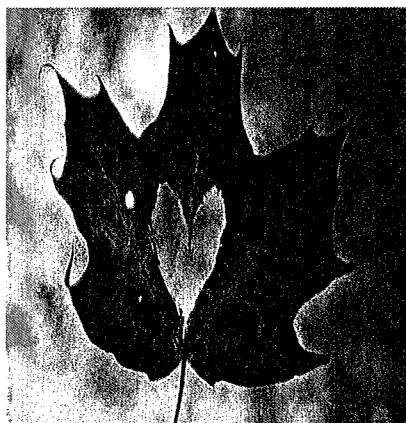
When I was sober for 3 weeks, I wanted to start making amends. I am so very grateful for the wisdom of my sponsor. She laughed and said to me that I had zero credibility and that I was in no way ready for this step. She taught me that I could however start to make "living" amends. Of course, I wanted to announce to all my family and friends that I was going to make "living" amends to them all, and she held me back once again. Everything was still about me, I wanted credit and reassurance from my family and friends. I learned that living amends meant that I was to begin by changing my behavior in the moment. It meant suiting up and showing up in all my life commitments, it meant keeping my mouth shut when I wanted to blame, it meant thinking of others and how I can help them, rather than focusing on getting whatever I wanted the minute that I wanted it. I began to understand slowly that this was how I was going to build my credibility.

I also had to work all the steps that came before step 9. That meant doing the steps as outlined in the big book. My sponsor led me through those steps. And when it came to step 9, she guided me to use my 8th step list by praying for those people and praying for the willingness to make an amend. Then I had to write out the amend before I did it and went over it with my sponsor. She taught me that this was about repairing the damage, coming clean and asking the other person how I could make things right. I was told to "stay on my side of the

street" and that I was not to bring up their behavior at all. Somehow, a power greater than myself helped me to do this!! Reading the Big Book and the 12 and 12 and listening to the experience of my sponsor and others was my guiding line. And what an incredible experience!

I now do "mini" 4th and 5th steps followed by steps 6, 7, 8, and 9. In other words, step 10. I have learned to wait and and talk with either my sponsor or someone else before taking action. That is because I need to make sure that my motives are clean and not self seeking. I certainly don't do this perfectly, by any means! I am so grateful for the steps, my sponsor and sponsees, Intergroup and a power greater than myself, and all of you for this amazing design of living. Thank you for teaching me this way of life!

J, Hopkins



*Live
and Yet
Live..*

Board Announcement

Annual Board Elections

Held at the
Intergroup Reps Meeting on Zoom*
Thursday, September 24, 2020
6:30 p.m.

Board Resume forms available at the Intergroup Office
And can be filled out on our website at
www.aaminneapolis.org

There will be 4 openings that are a 3-year term
3rd Legacy Procedure

**RESUMES TURNED INTO THE INTERGROUP OFFICE
BY SEPTEMBER 10TH ARE MAILED TO EACH
INTERGROUP REP TO VIEW BEFORE THE ELECTIONS.
RESUMES RECEIVED AFTER THAT DATE ARE
PRESENTED AT THE MEETING.
NOMINATIONS ARE ACCEPTED AT THE MEETING ON
ELECTION NIGHT ALSO!**

*Zoom link is sent to each registered Intergroup Rep one week in
advance. All AA members are welcome. The link will be posted on the
event calendar on 9/24/2020.

Greater Minneapolis Intergroup • Alcoholics Anonymous[®]

7204 W. 27th St., Suite 113 • St. Louis Park, MN 55426-3112 • 952-922-0880 • www.aaminneapolis.org • email: info@aaminneapolis.org

OFFICE HOURS: Monday, Wednesday, Friday 9 am-4:30 pm • Tuesday & Thursday 9 am-7 pm • Saturday 9 am-1 pm

Notes from your Service Office:

The General Service Theme for 2020 is:

"2020: A Clear Vision For You."

I hope some of you were fortunate enough to get a reservation for the State Fair Food Parade.

If you did, let me know how it went so I can live through your experience. Okay, I know this is an outside issue, but an important one. Well, so maybe to only a few.

I am excited for the Annual Board elections this month on Thursday, September 24th at our monthly Intergroup Rep Meeting. I am sad to have our four Board members rotate off. That would be Linda M, Michael A., Dan S. and Mitch K. I cannot thank them enough for their service and dedication to A.A. and Minneapolis Intergroup. Each one gave selflessly of their time to support and to see that our service center ran seamlessly and effectively. It was an honor to serve with them.

You do not have to have a special degree to be on the Intergroup Board. The only requirement is to have five years of sobriety. If you work the 12 Steps in your daily life and have a passion for service, you will find being a Board member rewarding. If you miss the deadline of September 10th to submit your resume, turn it in anytime. In fact we accept nominations from the floor that evening of the elections. You just need an Intergroup Rep to nominate

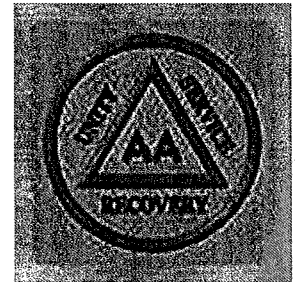
you. The reason for the deadline is to be able to mail a copy of all resumes received by that date to each Intergroup Rep to share with their group in advance of the election date.

I will be attending the 35th Annual Intergroup/Central Offices Seminar on zoom this year. It was supposed to be in Des Moines, Iowa. This will take place on September 17th, 18th, and 19th. It won't be the same, but I know it will still be interesting. No waiting for luggage, no switching flights, no 3 am alarm I once had to set to get the early flight I needed. There is always a plus to everything.

Coming in October we will be doing a workshop on zoom about Minneapolis Intergroup's 24 hour hotline. We will cover phone answering and making a 12th Step Call. We hope you will join us and bring a newcomer.

In Love and Service,

Gail S., your office manager



Notes from Your Board Chair:

Ahhh, Fall. For me that means cooler weather, sweatshirts and Football. However, in our AA community, the month of September means Board Elections!!

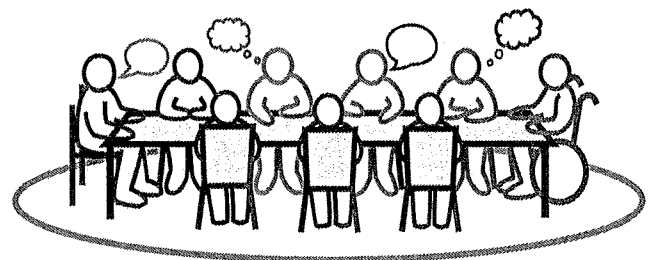
Two years ago, I was wrestling with the thought of standing for a position on the Board. I was torn between the feelings of really wanting to be part of something bigger than myself and what will I do if I don't get elected? The need for a new service position won the battle, and here I am, writing for the MIRUS!

I felt utterly unprepared and unqualified for a seat on the board, but, like most things in this program, you learn by doing and asking questions.

For any of you out there that might be thinking, "I have no experience," or, "I don't have that kind of experience, what could I possibly give?" Remember, we all have individual strengths that we may not even know that we possess! I mean, whoever thought that I'd be sitting as the Board Chair?

Your Board Chair,

Patti P.



Intergroup Board

Board Officers

| | |
|----------------|----------|
| Chairperson | Patti P. |
| Co-Chairperson | Linda M. |
| Secretary | Dan S. |
| Treasurer | Mike A. |

Board Members

| | |
|------------|----------------------------|
| Jessica B. | Deb W. |
| Mitch K. | Mike H. |
| Natalie N. | Cory S. |
| Brian C. | Dwight C. |
| Gail S. | Office Manager, Ex-Officio |

General Service District Board Liaisons

| | |
|-------------|------------|
| District 7 | Natalie N. |
| District 13 | Brian C. |
| District 14 | Mitch K. |
| District 17 | Cory S. |
| District 18 | Mike H. |
| District 19 | Dwight C. |
| District 20 | Brad R. |
| District 21 | Dan S. |
| District 22 | Linda M. |
| District 24 | Deb W. |
| District 25 | Jessica B. |

Intergroup Staff

| | |
|----------|------------------|
| Gail S. | Office Manager |
| Erin D. | Office Assistant |
| Brent R. | Office Assistant |

Your Intergroup board meets every month at 6:30 pm on the Tuesday before the Rep's meeting in the Intergroup Office.

Metro District General Service Meetings

| | |
|-------------|---|
| District 7 | Second Monday, 6:30 pm Zoom Meeting ID: 379-996-391 Dial in: 646-558-8656, 379996391# |
| District 13 | First Tuesday, 7:00 pm United Methodist Church 10506 Hanson Blvd. N.W., Coon Rapids, MN 55433 |
| District 14 | First Monday, 7:30 pm United Methodist Church 609 8th St. N.W., Buffalo, MN 55313 |
| District 17 | Second Tuesday, 7:30 pm Lighthouse Assembly of God 10478 Bell Ave., Plato, MN 55370 |
| District 18 | Second Thursday, 6:30 pm Plymouth Congregational Church 1900 Nicollet Ave. S., Minneapolis, MN 55403 |
| District 19 | Second Wednesday, 7:00 pm Rosemount Community Center, Room 210 13885 S. Robert Tr., Rosemount, MN 55068 |
| District 20 | Fourth Tuesday, 7:00 pm Twin Lake Alano Club 4938 Brooklyn Blvd., Brooklyn Center, MN 55429 |
| District 21 | Second Tuesday, 7:30 pm Pilgrim United Methodist Church 4325 Zachary Lane, Plymouth, MN 55442 |
| District 22 | Second Wednesday, 7:00 pm Spirit of Peace (Mizpah) 412 5th Ave. N., Hopkins, MN 55343 |
| District 24 | First Wednesday, 6:30 pm Shakopee Community Center 1255 Fuller Street S., Shakopee, MN 55379 |
| District 25 | Second Wednesday, 7:30 pm Woodlake Lutheran Church 7525 Oliver Ave. S., Richfield, MN 55423 |

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The MIRUS represents the experience of A.A. members. Their thoughts, expressed herein, are not to be attributed to Alcoholics Anonymous as a whole, nor does publication imply endorsement by either Alcoholics Anonymous or Greater Minneapolis Intergroup.

NOTICE • NOTICE

The September Intergroup Rep Meeting will be held on Zoom until further notice. The next meeting is Thursday, September 24th. The reps will be sent the link by email one week prior to the meeting. If you are a new Rep please call the

**Intergroup office at
952-922-0880**

Intergroup A.A. Orientation Open Meetings

The Saturday Orientation Open Meeting takes place every week at 10 A.M. Temporarily meeting online with Zoom meeting ID: 740 667 236 Password:506032 or dial: +1 (312) 626-6799 and enter meeting ID: 740 667 236 # Password:506032

| | |
|------|--|
| 9/5 | Step Seven/Tradition Seven Her Story |
| 9/12 | Self Support and A.A.'s Vital Services His Story |
| 9/19 | Step Eight/ Tradition Eight Her Story |
| 9/26 | Local Service Office—Minneapolis Intergroup His Story |

Twelve Concepts for World Service, written by Bill W. in 1962

Concept IX:

Long Form: Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

Short Form: "Good service leadership at all levels is indispensable for our future functioning and safety. Primary world leadership, once exercised by the founders must necessarily be assumed by the Trustees."

It just came to me this week that some people, like me in the beginning, may not be able to discern the difference between the General Service Office and the General Service Board. Not because they are unintelligent, but because they have not been told. So, here is my explanation, which is just that, my opinion. The General Service Office is made up of special workers that we pay to do our day to day work. They take in contributions, sit on our committee desks to answer committee work questions, keep and take care of our Archives, take care of our publishing needs and make sure that the Grapevine and La Vina are published. These workers are hired by our General Service Office Manager, which the Board hires. This is not all that they do, I could never have enough space in the Mirus to tell you all that they do. I think you get the idea.

The General Service Board is made up of Trustees that either we elect as Class B Regional Trustees or General Service Trustees that are chosen by the Board for their special talents that are needed on the Board.

What does all of this have to do with Concept 9? Well, we choose the Board members through our participation at the General Service Conference. When it says that good service leadership at all levels is indispensable, it means take care when choosing our Delegates who represent us at the Conference. When we choose good leadership for our Areas, then we have a greater chance of good leadership at our Trustee level. We need competent Trustees, because they represent us at the World Service level. They are the face of A.A. for the United States and Canada. I hope you have a better understanding now of the Service Structure.

Missy R.

Area 36 Delegate Panel 69

The Promises from pages 83-84 of Alcoholics Anonymous

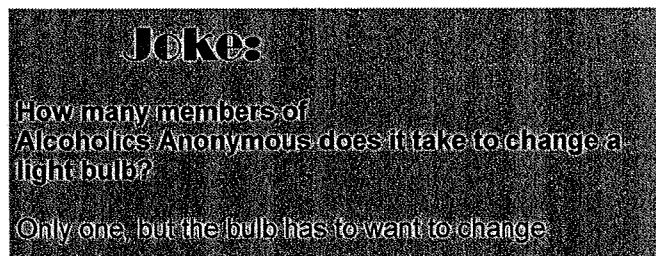
If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

When we think of and talk about "the promises" we are usually referring to the 9th step promises on page 83 and 84 of the big book. I love reading these and hearing them at meetings. They are so hopeful! One promise that I can definitely relate with is that we will lose our fear of people. Before working the steps I had so much of this going on! Drinking gave me a lot of relief from this. But when I got sober I no longer wanted to drink to ease my social fears and uncomfortable feelings. Thankfully, the process of working the steps and practicing the program has allowed me to walk through this fear and outgrow it (mostly!) I can still feel uncomfortable in new social settings but I have the ability to pray and participate despite how I'm feeling. I also no longer have the fear of certain people like I did before I made amends. I am now a free person!

I also want to mention that there are other promises all throughout the big book. Some of my favorites are on page 75. After completing the 5th step, we can look the world in the eye and be alone at perfect peace and ease. I challenge you to find more of the promises in the big book that follow the other steps.

Melissa A.

Wayzata



The Twelve Traditions - How They Apply In Our Lives

TRADITION NINE

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

SEPTEMBER 1990

A Patron Saint of AA

BY: CHARLES M. | COLUMBIA, TENNESSEE

I wish I could tell you that after reading the Big Book and the book Twelve Steps and Twelve Traditions I experienced a spiritual awakening and grasped a total understanding of our Traditions. I wish I could tell you that as a GSR, DCM, and an active member of several standing committees, I have never violated the principles set forth in the Traditions. But, typically alcoholic, I gained most of my knowledge and understanding from my mistakes and through the mistakes of others. Sadly, I made most of those mistakes after several years of sobriety when I should have known better.

As a GSR at my home group, I was extremely adamant about Traditions. I tried to dictate moral behavior, told people what literature they could or could not read, and even made violent threats to one man because he was saying bad things about the group. I would run guilt trips on those who refused to get involved with service work while bragging about my own involvement.

After about a year of this self-imposed misery, I found it necessary to get back to the basics of AA. I discovered that I had forfeited my own serenity.

Being a slow learner, I found myself gradually slipping back into my old behavior. I was a DCM at the time. Controversy seemed to dominate my AA life. I was constantly engaged in heavy debate with other trusted servants over issues that were none of my business. I justified this behavior by rationalizing that I was preserving the integrity of the Traditions of Alcoholics Anonymous. Today I realize that my behavior was just another example of my alcoholic thinking.

One day as I was reading the Ninth Tradition in my "Twelve and Twelve," a message was suddenly revealed to me that I had never noticed before. Even though I had read that particular chapter many times before, I had never understood its true meaning. I had always thought that it merely gave authority for the formation of a service structure. The new message had an entirely different meaning.

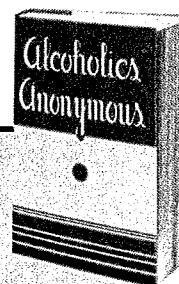
I suddenly realized that I had been trying to impose organization into the Fellowship. In my own way, I had been exacting my own brand of punitive action against those who I judged to be less sincere than myself. I had ordained myself as a patron saint of AA.

In prayer, I asked for forgiveness from my Higher Power. At the next area assembly I was selected to chair a meeting with the GSRs and DCMs. With all the humility I could muster, I made amends to all those present and later to those individuals who had felt the sting of my verbal whip. Finally, again in prayer, I turned my will and the care of AA over to God, as I understand him.

I found the essence of the Ninth Tradition cleverly concealed on page 174 of the "Twelve and Twelve." Bill wrote, "Great suffering and great love are AA's disciplinarians; we need no others."

To me, the Ninth Tradition epitomizes the spirit of anonymity, clarifies the Second Tradition, and provides us with an avenue through which our efforts in carrying the message of AA can have continuity, structure, and cohesiveness. It is the principle that necessitated the foundation of the Twelve Concepts. It requires that I recognize the autonomy of each group, even when I disagree with some of its policies. It will always stand as a personal reminder to me that my service to the Fellowship must come from a space of love. And finally, the Ninth Tradition will always serve as a tourniquet for this once-bleeding deacon

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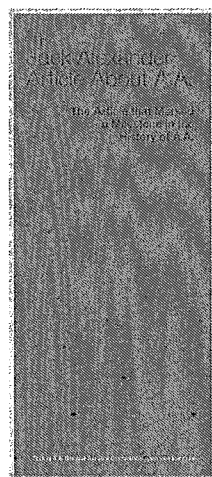
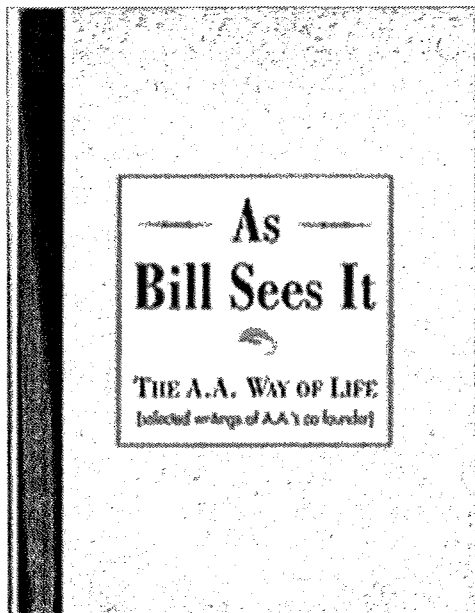
Alcoholics Anonymous "Big Book" Quotes

"There may be some wrongs we can never fully right. We don't worry about them if we can honestly say to ourselves that we would right them if we could." Page 83

"Cling to the thought that, in God's hands, the dark past is the greatest possession you have – the key to life and happiness for others. With it you can avert death and misery for them." Page 124

"We alcoholics are sensitive people. It takes some of us a long time to outgrow that serious handicap." Page 125

AA Book of the Month:
As Bill Sees it
(HC)



Grapevine Book of the Month:

Forming True Partnerships—How A.A. members use the program to improve relationships



FORMING TRUE PARTNERSHIPS
How AA members use the program to improve relationships

Pamphlets:
The Jack Alexander Article About A.A.
—The article that marked a milestone in the history of A.A.

S.T.E.P.S.

AAcronyms!

G.I.F.T.S.

Solutions to Every Problem in Sobriety

Getting it from the Steps

Group Contributions - July 2020. Thank you all, in the Spirit of Hope.

7-Hi Group
8 to 80 Group
A New Beginning Women's
A Vision for You
Back to Basics Women's Group at St Luke's
Back to Basics, Friday 7pm Mpls.
Basic 12 Group
Basic Principles
Basic Twelve & Twelve
Better than Gold
Blaine Alano Squad 10
Bridges AA Group - Prior Lake
Bryant Lake Group
Cavalier Mon AM Women's BB
Cedar Lake Women's Group
Cliffhangers VI at St. Ed's
Common Solution Big Book Study

Crushed Grapes
Design for Living (Coon Rapids)
Eternal Vigilance
Foreword XIX Group
Foxhall Chapter 7 Group
Golden Valley AA Group II
Groveland Group Squad 49
Happy Destiny
Hit Squad - H-2
Howard Lake-Waverly AA Group
Keep It Simple NERR
Kozy's Noon Men's AA
Ladies Night Happy Hour-Sahara Club
Lake of the Isles Men's Tues PM
Lourdes AA Group
Lynnhurst AA Group
Medina AA Group
Men at Peace

Men at Work-Minnetonka
Minnetonka Big Book Study Group
New Hope Alano Squad 8
Norwood Young America AA
Pax Christi Thursday Night
Pocket Our Pride
Ramsey AA (NowThen AA)
Rich/Blmngtn Alano Squad 4E
Rich/Blmngtn Alano Sunday Open Spkr
Rojo Group
Rule 62 AA
Saturday Sisters - Pax Christi
Serenus AA Group
Sisters' Shoulder to Shoulder
Sober on Saturdays Group
Sober Victory Eden Prairie
Southwest Women's Group
St Lukes Thursday Night 5:30

St. Lukes Saturday Mens Group
Suburban North Alano Squad 7
TGIF Women's AA Group
The Bright Spot
The Friday Night Shift Group
The Way Out BB Mon @ Hen. United
Third Tradition Group of AA
This Simple Program
Thunderbird Group - Noon
Thursday Night Womens Group
Tonka Alano Club Groups
Tradition One
Tradition Three Group Waconia
Turning Point Group
We Think Not
Women's 12 x 12 on Central
Women's Big Book Study Thurs Buffalo

Every AA group that sends a contribution is sent a receipt along with a "Thank You" letter from the office. It is the responsibility of the group treasurer or trusted servant to share the receipt and "Thank You" letter with their respective group. Every AA group that sends a contribution will be listed in the MIRUS. Upon inquiry your AA group can request a contribution summary.

Group Contributions/Birthday Plan July 2020**

Thursday Night Women's Group * Practical Experience * Bryant Lake

****On their sobriety birthday, many AA members contribute one dollar or more for each year of sobriety to any or all of our four service entities; District, Area Assembly, the General Service Office and the local Intergruop. Some members attribute their birthday contribution to their home group. Those groups receive a receipt and "Thank You" letter from the office and are listed in the MIRUS.**

Calendar of Events

Open Speaker Meetings

Thursday:

Central Pacific Group, 7:30 PM

Zoom Meeting ID:135 964 753 or dial: +1 (312) 626-6799, 135964753#

Foxhall Chapter 7 Group, 7:30 PM

Zoom Meeting: Please mail foxhallchapter7@gmail.com to request the Meeting ID and Password information.

A sign language interpreter is provided each week.

Friday:

From the Heart Open Speaker Meeting, 7:00 PM

GoTo Meeting ID: 425 401 293 or dial: +1 (408) 650-3123 and enter access code: 425401293#

Three Legacies, 7:30 PM Zoom Meeting ID 450 792 260 Password: 014358 or dial: (312)626-6799 450792260# 014358#

A sign language interpreter is provided each week.

Saturday:

Saturday Night Open Speaker Meeting, 8:00 PM

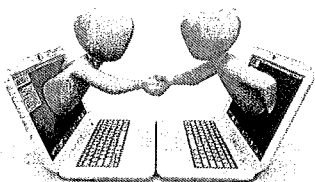
2218 1st Ave. S., Minneapolis

Sunday:

Open Speaker Meeting, 11:00 AM

Richfield Bloomington Alano

9321 Bryant Ave. S., Bloomington



Please contact Minneapolis Intergroup Staff with any group updates or meeting changes. Help us keep an accurate updated meeting list of both in person and online meetings so the newcomer can find us. 952-922-0880

General Service Announcements

October 3rd

Area Assembly

9:00am-5:00pm

(Go to area36.org for zoom meeting Info)

November 14th

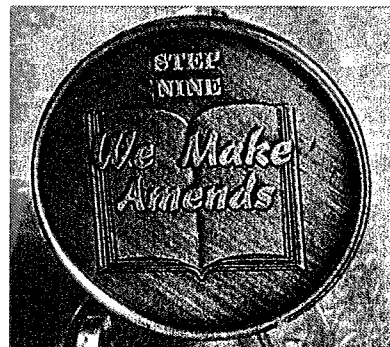
Area Inventory

10:00 am-1:00pm

(Go to area36.org for zoom meeting info)



Greater Minneapolis Intergroup
office will be closed Monday,
September 7th, 2020 for Labor Day



Most Area 36 events have a map on how to find the location @ www.area36.org. Open Speaker Meetings are listed for the convenience of members who wish to bring newcomers and non-alcoholic friends. Listing in the Mirus should not be construed as any endorsement on the part of Minneapolis Intergroup. Call Intergroup if you need directions to any of these Open Speaker Meetings. Roundups, Workshops and Special Events are not endorsed by Minneapolis Intergroup and listings are provided for informational purposes only. Flyers for these events are available at the office.

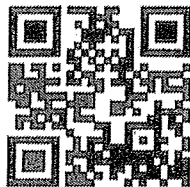
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Write for the MIRUS!

Do you have a story to share? We are looking for your experience, strength and hope to share on the topic of the 9th Step Promises.

Submit your article to: Staff@aaminneapolis.org

Or by mail to: **7204 West 27th Street– Suite 113 St. Louis Park, MN 55426**

Annual MIRUS subscription: \$10 by mail, or \$5 via email.

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